

# Adult Aquatics

## RED CROSS LIFEGUARDING CLASS

Classes are designed to provide the skills necessary to be an effective pool lifeguard. Training includes CPR for the Professional Rescuer, Standard First Aid and Lifeguard Training. Students must pass a basic swim test on the first day of class. Passing of class does not guarantee a position with the City of Morgan Hill. Proper bathing suit is required. For more information, please call Jolie Hunter at 408.782.2134 ext 4301.

Instructor: City of Morgan Hill certified staff

Location: Morgan Hill Aquatics Center

| Activity # | Date       | Day | Time    | Age    | Sessions |
|------------|------------|-----|---------|--------|----------|
| FACD001    | 9/19-10/10 | SU  | 9am-5pm | 15yrs+ | 4        |

Resident: \$175 / CRC Member: \$170

Non Resident: \$180 / CRC Member: \$175

## Morgan Hill Splash

**Aquatics Programs** . . . . .pg 15

Coached Adult Master Swim, Pre-Masters Stroke Development

**Swim Lessons** . . . . . pg 12-14

# Adult Fitness

## FAMILY YOGA

(Parents, 6months+)



This class promotes involvement of mothers-to-be, and parents with their toddlers. This class is designed to offer a unique opportunity for parents and children to develop a relationship and bond. The elements of yoga will be implemented and modified for both parents and children who are participating in this class.

Instructor: Amy McElroy

Location: Centennial Recreation Center, Aerobics Room

| Activity# | Date       | Day | Time        | Age      | Sessions |
|-----------|------------|-----|-------------|----------|----------|
| FCRX009   | 9/7-9/28   | T   | 9:30am-10am | 6months+ | 4        |
| FCRX010   | 10/5-10/26 | T   | 9:30am-10am | 6months+ | 4        |
| FCRX011   | 11/2-11/23 | T   | 9:30am-10am | 6months+ | 4        |
| FCRX012   | 12/7-12/28 | T   | 9:30am-10am | 6months+ | 4        |

Resident: \$25 / CRC Member: FREE

Non Resident: \$30 / CRC Member: FREE

## BUST A GRIND BOOT CAMP

Are you ready to kick-start your fitness program? Then join us for "Bust a Grind" Boot Camp Challenge! This three-week group exercise program will give you a total body workout like you've never seen before. Each day there will be something new including use of stability balls, dumb bells, resistance bands, bosu trainers and so much more!

Instructor: Fitness Staff

Location: Centennial Recreation Center, Gymnasium

| Activity# | Date       | Day  | Time    | Age    | Sessions |
|-----------|------------|------|---------|--------|----------|
| FCRX002   | 9/7-9/23   | T/TH | 5am-6am | 18yrs+ | 6        |
| FCRX003   | 10/5-10/21 | T/TH | 5am-6am | 18yrs+ | 6        |
| FCRX004   | 11/2-11/18 | T/TH | 5am-6am | 18yrs+ | 6        |

Resident: \$105 / CRC Member: \$100

Non Resident: \$115 / CRC Member: \$110

## BEGINNERS YOGA WORKSHOP

Are you inflexible or out of shape? Have you avoided yoga because you have been afraid that it will aggravate your chronic aches and pain? This yoga workshop will help, not hurt. Beginner and continuing students will benefit from these simple alignment techniques. Dolores will address the benefits of practicing yoga for health and to overcome chronic conditions by demonstrating modifications of poses based on the Anusara Principles of Alignment.

Instructor: Dolores Kent

Location: Centennial Recreation Center, Aerobic Room

| Activity # | Date  | Day | Time    | Age    | Sessions |
|------------|-------|-----|---------|--------|----------|
| FCRX001    | 10/16 | SA  | 1pm-3pm | 18yrs+ | 1        |

Resident: \$30 / CRC Member: \$25

Non Resident: \$35 / CRC Member: \$30

## EYE OF THE TIGER

This class is intensely fun and playfully serious and is an INTERMEDIATE practice. Students must have at least a year of experience practicing yoga. Each workshop is a 3-hour exploration of poses sequenced to deepen your experience of breath, opening your body and expanding your heart and mind. These workshops will incorporate pranayama, asana and meditation.

Instructor: Dolores Kent

Location: Centennial Recreation Center, Aerobic Room

| Activity # | Date  | Day | Time         | Age    | Sessions |
|------------|-------|-----|--------------|--------|----------|
| FCRX005    | 9/26  | SU  | 12:30-3:30pm | 18yrs+ | 1        |
| FCRX006    | 10/17 | SU  | 12:30-3:30pm | 18yrs+ | 1        |
| FCRX007    | 11/14 | SU  | 12:30-3:30pm | 18yrs+ | 1        |
| FCRX008    | 12/12 | SU  | 12:30-3:30pm | 18yrs+ | 1        |

Resident: \$35 / CRC Member: \$30

Non Resident: \$40 / CRC Member: \$35



## REJUVENATION WORKSHOP

Has your diet been making you feel a bit sluggish these days? Are you suffering from acne, PMS, allergies, poor digestion or other health concerns? Would you like to have more energy? Cleaning out your insides helps you to feel and look great on the outside so don't miss this workshop. This 10-day rejuvenation workshop is gentle and very effective. Join food and health expert and yoga teacher Dolores Kent, CNC for this guided 10-day rejuvenation experience.

Instructor: Dolores Kent,

Location: Centennial Recreation Center, Party Room

| Activity # | Date  | Day | Time          | Age    | Sessions |
|------------|-------|-----|---------------|--------|----------|
| FCRX020    | 9/8   | W   | 6:30pm-8:30pm | 18yrs+ | 1        |
| FCRX021    | 10/6  | W   | 6:30pm-8:30pm | 18yrs+ | 1        |
| FCRX022    | 11/17 | W   | 6:30pm-8:30pm | 18yrs+ | 1        |

Resident: \$50 / CRC Member: \$45

Non Resident: \$55 / CRC Member: \$50

## GLUTEN FREE SUPPORT GROUP



This group has been formed to create support of those individuals who have been diagnosed with Celiac disease. Please join Dolores Kent, CNC for questions, nutritional guidance and to meet other individuals who share the same health issues.

Instructor: Dolores Kent

Location: Centennial Recreation Center, Activity Room #1

| Activity # | Date  | Day | Time     | Age    | Sessions |
|------------|-------|-----|----------|--------|----------|
| FCRX013    | 9/11  | SA  | 9am-10am | 18yrs+ | 1        |
| FCRX014    | 11/13 | SA  | 9am-10am | 18yrs+ | 1        |

Fee: Free

## THERAPEUTICS WORKSHOP

This comprehensive workshop is designed for all yoga students who wish to understand the practical applications of Anusara yoga in facilitating the healing of the body. We will focus on the upper body in this workshop.

Instructor: Dolores Kent

Location: Centennial Recreation Center

| Activity # | Date | Day | Time           | Age    | Sessions |
|------------|------|-----|----------------|--------|----------|
| FCRX023    | 10/3 | SU  | 12:30pm-3:30pm | 18yrs+ | 1        |

Resident: \$40 / CRC Member: \$35

Non Resident: \$45 / CRC Member: \$40

## IMMUNE SYSTEM POWER

Learn strategies to cope with environmental issues that may contribute to your weakened state of health. This workshop is great for teachers and individuals who are in contact with many people and children at work.

Instructor: Dolores Kent

Location: Centennial Recreation Center, Party Room

| Activity # | Date  | Day | Time          | Age | Sessions |
|------------|-------|-----|---------------|-----|----------|
| FCRX015    | 10/13 | W   | 6:30pm-7:30pm | 18+ | 1        |

Resident: \$25 / CRC Member: \$20

Non Resident: \$30 / CRC Member: \$25



## INTRO TO TRX

New to TRX? Let us show you the basics with our FREE "getting started" session. This 30 minute intro session will walk you through how to set up and use the TRX system including the best way to adjust resistance and stability, tips for progressing your TRX workouts and an overview of some basic foundational exercises. You must pre-register for this class as space is limited.

Instructor: Fitness Staff

Location: Centennial Recreation Center, Group Exercise Room

| Activity# | Date  | Day | Time       | Age    | Sessions |
|-----------|-------|-----|------------|--------|----------|
| FCRX016   | 9/13  | M   | 6:30am-7am | 18yrs+ | 1        |
| FCRX017   | 10/11 | M   | 5pm-5:30pm | 18yrs+ | 1        |
| FCRX018   | 11/10 | W   | 8am-8:30am | 18yrs+ | 1        |
| FCRX019   | 12/7  | T   | 8:30pm-9pm | 18yrs+ | 1        |

FEE: Free (must be a CRC member to participate)

## TRX CIRCUIT TRAINING

This 4 week boot camp style program will help you reach your fitness goals. Experience an amazing and efficient way to workout with one simple piece of equipment. Challenge yourself with this fast-paced workout combo of TRX and cardio drills. Your heart rate will be pumping as you power through the reps at your own pace!

Instructor: Fitness Staff

Location: Centennial Recreation Center, Group Exercise Room

| Activity# | Date       | Day | Time    | Age    | Sessions |
|-----------|------------|-----|---------|--------|----------|
| FCRF017   | 9/1-9/22   | W   | 6am-7am | 18yrs+ | 4        |
| FCRF018   | 10/6-10/27 | W   | 6am-7am | 18yrs+ | 4        |
| FCRF019   | 11/3-11/24 | W   | 6am-7am | 18yrs+ | 4        |
| FCRF020   | 12/1-12/22 | W   | 6am-7am | 18yrs+ | 4        |

Resident: \$65 / CRC Member: \$60


Non Resident: \$70 / CRC Member: \$65

ADULT



**Morgan Hill Recreation  
Preschool**

Is your child ready to start school?  
**We can HELP!!**



**Register today  
for Fall 2010**

See page 16 for details.



Cheryl Burke  
Two-time Champion  
Dancing with the Stars

**Push your body.  
Find your beat.**

**Jazzercise - it shows**

60-minute workout blends dance and muscle toning  
Routines are fun and easy-to-follow  
Class includes a gentle warm up, 30-minute aerobic workout, muscle toning and strengthening segment with weights, and a stretch finale.

Starliners Dance Studio  
16375 Monterey Street, Suite J, Morgan Hill  
Tues/Thurs 5:45 – 6:45 PM  
**(408) 607-0338**  
**Jazzercise.com \* 800 Fit Is It**

## TRX ONE ON ONE SESSION



Are you interested in learning more about the TRX and how to incorporate it into your workout? These one on one sessions are designed to give you just that! Whether you are new to TRX or want to learn advanced workouts these sessions will be tailored to meet your individual needs. Once registered, a TRX Specialist will contact you to set up your session.

Instructor: Fitness Staff

Location: Centennial Recreation Center

Fees: \$40 per session (individual sessions)

\$210 6-session package @ \$35 per session

TRX is only available for CRC facility members.

## PERSONAL TRAINING

Our personal training program is individualized and specifically tailored to fit your needs. Our certified trainers will guide you through a customized program which will get you the results you need in the fastest and most effective way possible. You will be instructed in all components necessary to alter body composition, including the use of proper bio-mechanics, anatomy, physiology and much more. A complimentary Body Composition Assessment will be provided to optimize your Personal Training goals.

For more information or to register please contact the Welcome Center.

Location: Centennial Recreation Center

Fees: \$70 per session (individual sessions)

\$342 6-session package @ \$57 per session

\$540 12-session package @ \$45 per session

\$704 16-session package @ \$44 per session

\$774 18-session package @ \$43 per session

\$960 24-session package @ \$40 per session

Personal training is only available for CRC facility members. The first session is an assessment session that will help the trainer establish the level of fitness of each individual to help determine training methods and to meet clients goals.

## NUTRITION CONSULTING

Nutrition consulting available for weight management, allergies, gastrointestinal issues and all health related conditions improved by good nutrition and good living. Dolores Kent, CNC helps participants get their body back in good health and in shape. FirstLine Therapy Certified nutritionist. For more information or to make an appointment call the CRC at 408-782-2128.

Initial Consultation

Resident \$55 / CRC Member \$50

Non Resident \$65 / CRC Member \$60

Returning Consultation Fee:

Resident: \$40 / CRC Member: \$35

Non Resident: \$50 / CRC Member: \$45

(Initial Consultation is 1 hour. Returning sessions are 30 minutes.)